

NEWS LETTER



About Us

Mission

JVB aims to empower the individuals and the society to actually practice **Ahimsa (nonviolence), Sanyam (Moderation), and Anekant (divergent perspectives)**. It endeavors to create an environment of **unity and harmony** in society and inculcates **individual transformation**, which in turn leads to spiritual uplift and enlightenment.

Inspiration

JVB derives its inspiration from the **universal message of Bhagavan Mahavira**.

Purpose

Even after appreciating the virtues of Ahimsa, self-restraint and respect for divergent views and practices, masses lack the will power and the discipline to practice them. With these thoughts in mind, JVB presents a practical step by step approach of personal empowerment. The practice helps individuals to build their inner strength resulting in a happy, compassionate, and contented life.

Spiritual Guidance

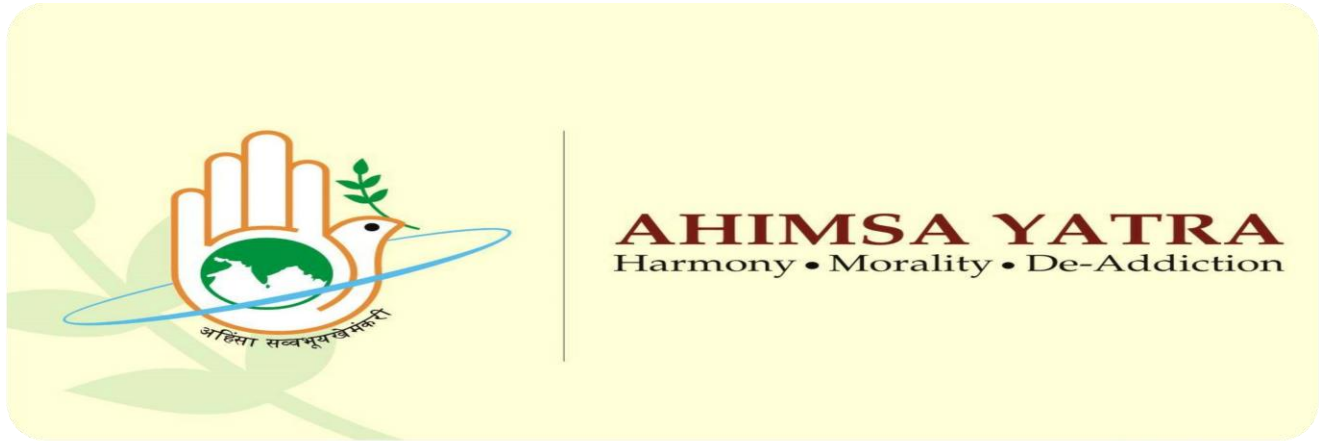
We feel privileged to have Respected Samanijis with us. Samanijis are highly learned and are experienced disciples of Parampujya Acharya Mahashramanji.

JVB operates under the guidance of Jain Vishva Bharati, India. In 1980 under the guidance of Late Acharya Tulsi and Acharya Mahapragya, a special Jain ascetic status of Samani was established that removes some restrictions for Jain monks allowing them to travel and propagate the message of Bhagavan Mahavira outside India. Samaniji practice Ahimsa (nonviolence), Sanyam (self-restraint), and Anekant (divergent perspectives), celibacy, including other vows applicable to Jain monks. Samaniji are highly educated with most of them having master or higher academic degrees. They have been extensively trained to coach individuals towards personal advancement. The Samanijis have deep knowledge of the religious philosophy and are proficient in the practice of Preksha Meditation and other natural health therapies. Their good knowledge of modern science, physiology and human anatomy allows them to present the benefits of Preksha and other natural therapies in a balanced manner. Periodically, Samanijis visit other organizations, communities and Jain centers to conduct religious or other sessions as per the specific need of the center.

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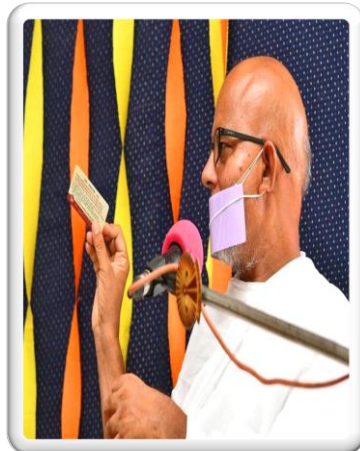
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Don't worry about your destiny do sincere hard work, destiny would become good on its own. - Acharya Shri Mahashraman



AHIMSA YATRA

Harmony • Morality • De-Addiction



Gurudev's Ahimsa Yatra in India

The ambassador of peace, His Holiness Acharya Mahashraman will begin his Ahimsa Yatra on 9th November, 2014 from New Delhi, the capital of India. This historical march will cover more than 10,000 Kms to promote peace and non-violence not just within the boundaries of India but also in the South-Eastern countries like Nepal and Bhutan. New Delhi, Haryana, Uttar Pradesh, Meghalaya, Sikkim, West Bengal, Assam, Orissa etc. will be touched in this journey to awaken the masses.

There are three objectives of Ahimsa Yatra – To promote harmony, to escalate morality and the movement of de-addiction. Acharya Mahashraman ji through this Ahimsa Yatra shall preach and inspire people in accordance with its objectives there by paving way for a healthy society, a healthy nation and a healthy world.

The pioneer of Ahimsa Yatra is an ace social reformer who vehemently strikes against social evils and superstitions, thus working tirelessly for the growth and upliftment of the society. He dreams of a society where people possess strong character and lead an addiction free life.

Acharya Mahashraman with a resolution to work for mankind is filled with compassion and wishes to see every individual peaceful & happy. He has already traversed more than 30,000 Kms by foot and illumined the path of innumerable people through his sermons. His discourses on communal harmony, de-addiction, feticide, morality have inspired lakhs and they have resolved to live with his teachings, thus changing the direction and the state of their lives.

Your Support and participation in this grand campaign will strengthen the efforts towards the upliftment of humanity and welfare of the world.



Sunday Talks

Dr Samani Pratibha Pragyaji and Samani Unnata Pragyaji have been having regular Sunday programs. Dr Samani Pratibha Pragyaji has given discourses on diverse topics such as Legacy of Tapa, Various Tastes of Attachment, Time Management, and Capsules for Happy Family Life, Design Your Destiny and a series of talks on Why Meditate. Currently she is giving a discourse on Dhyānastava, a sacred ancient text composed by Acharya Bhāskarānandī (circa 10-11 CE).

Samani Unnata Pragyaji dedicates her time to inculcate spirituality, teach fundamental tenets of the Jain philosophy to children in English, practice Preksha Meditation, and memorize mantras and prayers such as Bhaktambara Stotra.

Samaniji visit to JVB Houston (11th Nov to 13th Nov 2018)

Dr Samani Pratibha Pragyaji and Samani Unnata Pragyaji visited JVB Houston. Samani Kanchan Pragyaji and Samani Pranav Pragyaji had arranged a welcome program. Samani Pratibha Pragyaji conducted a two-day workshop focused on well-being through Preksha meditation. Various sessions on Managing Anxiety through Preksha Meditation and How to heal your aging effects through Preksha were well received. The participants found the sessions truly spiritually uplifting and requested for more workshops.

Saint is only the one who is at peace. (Acharya Shri Mahashraman)

HEALTH AND WELL-BEING

Your health is your wealth.

We offer courses on:

- Preksha yoga for heart problems, diabetes, blood pressure, etc.
- Preksha meditation
- Self-awareness and self-belief
- Women health and well-being
- Personal counseling

Knowledge feeds the soul, and without it, the soul becomes malnourished and withers. Our advanced training in Jain scriptures and philosophy helps you discover your own wisdom.

Poster by Gyanshala kids on “What is Ahimsa?”

A poster session was organized for kids of kids between age five and eleven. The theme was “What is Ahimsa?” 27 children participated and depicted ahimsa in diverse fields such as environment, relationships, historical narratives, and Jaina symbolism. Prachi and Hardika encouraged the kids by gifting them Jaina symbols. The MP of UK, Gareth Thomas visited Jaina Vishva Bharati center and also had an opportunity to view the art work. He admired the display and appreciated the nonviolence approach of Jainism.

Samaniji presents at AAR and DANAM conference (19th Nov to 21st Nov 2018):

Samaniji from JVB London (Samani Pratibha Pragyaji and Samani Unnata Pragyaji) and Miami (Samani Satya Pragyaji and Samani Rohini Pragyaji) joined the AAR conference and DANAM conference held in Denver engaging into Jaina philosophical discussion at a diverse academic platform. Both the conferences were enriching and an opportunity to meet scholars and share ideas.

Samani Pratibha Pragyaji's research paper was on, 'A Comparative Study of Jaina Mitti-bhāvanā and Buddhist Mettā-bhāvanā'. She discussed the concept of maitri (amity) in Buddhist and Jaina textual and modern tradition.

Samani Unnata Pragyaji presented on the theory of soul's exit from the body. She discussed the paper, 'Power centralization of body parts within the frame of Process of Projection of the Soul outside the Body (Samudghāta)'. The presentation served as an opportunity to showcase the Jaina philosophical richness and its aptitude and contribution in the growing philosophy. Moreover, both papers highlighted the Jaina textual studies thus contributing towards the rare fields of Jaina academia.



Jain Vishwa Bharati London – Inauguration of Jain World Peace Centre

On Sunday 23rd September, Jain Vishwa Bharti, London inaugurated the Jain World Peace Centre at 39, Roxborough Road, Harrow. The inauguration event was held at Jaspar Centre, Harrow which hosted more than four hundred guests globally including local community leaders. Jain World Peace Centre was the concept conceived by Shri Kamalji Dugar from Kolkata and this is the first centre of the 25 being planned globally. Shri Kamalji Dugar, Shri Tulsiji Dugar, Shri Surendraji Borad Patrawari, Shri Vinodji Baid, Shri Surendraji and family were personally present to grace the occasion. Speakers included Samani Dr Chaitanya Pragyaji, Samani Dr Pratibha Pragyaji, Ms Madhu Dugar, Bollywood musician Anandji Virji Shah, and Prof Peter Flugel from SOAS, shared their thoughts about new World Peace Centre and how Jainism can be an answer to the various problems the world is facing. JVB Trustees, Shri Hasubhai Vora, Mr Rajesh Jain, Dr Sunil Dugar, Mr Bejal Mehta and team coordinated the program with help and support of local devotees. In the inauguration event, the local artists and children from the community performed Ashtamangala play which explains about eight auspicious signs, which are endemic to number of Indian religions including Jainism, which point to the process and qualities of enlightened souls. Acharya Shri Mahapragyaji and Acharya Shri Mahashramanji of Terapanth Jain Sangh were the key influencers who created the concept of Samanijis (Jain Monks who were allowed to travel abroad to propagate Jainism but follow other strict Jain monk rituals). This is the first establishment in UK which has accommodation for Jain saints and nuns who will promote Jain philosophy of non-violence and peace. The JWPC also has a library with hundreds of books in Prakrut, Sanskrit, Hindi, Gujarati and English. JWPC will conduct regular classes for teaching youth & adults about Jain principals apart from Meditation & Yoga techniques. At present there are two resident Samanijis – Samani Pratibha Pragyaji and Samani Unnat Pragyaji. Samani Pratibha Pragyaji has recently completed her PhD in Preksha Meditation and Samani Unnat Pragyaji is currently pursuing her PhD from SOAS, University of London. Jain Vishwa Bharati (JVB) was founded in India in 1970 on principals of 24th Tirthankara (teacher/preacher) Mahavira. JVB aims to empower the individuals and the society to actually practice non-violence, moderation and understand divergent perspectives. It endeavours to create an environment of unity and harmony in society and inculcates individual transformation, which in turn leads to spiritual uplift and enlightenment of individual souls.



Visit of MP, Mr Gareth Thomas to JWPC

It was a reflection of commitment towards all faiths when our local MP, Mr Gareth Thomas visited the newly established Jain World Peace centre on 7th of December, 2018. He attended the Trustees meeting to discuss the activities of JVB followed by a visit to the visitor's gallery and library. He was delighted to learn about the various activities including Meditation & Kids classes being organised by Samani Pratibha Pragyaji and Samani Unnat Pragyaji. He was fully convinced that the only route to harmony in this world is through the Jain philosophy of Peace & Non violence



Jain Vishwa Bharati London team visits Gurudev

In October 2017, a DELEGATION of JVB Trustees (Mr Hasubhai Vora, Dr Sunil Dugar, Mr Rajeev Shah) and JVB devotees (Mrs. Arti Jain, Mr Bejal Mehta) accompanied by Dr Samani Pratibha Pragyaji and Samani Unnata Pragyaji went to Kolkotta for H.H Acharya Mahashraman's blessings and share their vision of creating Jain World Peace Centre (JWPC). Gurudev was pleased that a unique centre was going to be established under the auspices of JVB London which WOULD actively engage in propagating the pristine tenets of the Jain philosophy in UK & Europe with the constant support and guidance of Respected Samanijis. Gurudev blessed the whole delegation with DIVINE grace GIVING insight for the future. The delegation also received pious blessings from the venerable Sadhvi Pramukha Shriji Kanakprabha. A SEA OF WHITE CLAD sadhuS and sadhviS was like an ocean of spirituality. Moreover, amid a crowd of over a thousand people, Dr Samani Pratibha Pragyaji was FELICITATED for being the first Jain saint outside India to gain a PhD from SOAS, UK.



Samani Pratibha Pragyaji Upadhan Tap Parana at Potters Bar Temple

Samani Pratibha Pragyaji led a rigorous tap of Upadhan in London. She has always recharged the community with spiritual blessings in diverse ways, this was an innovative penance. This was first of its kind in London and even more so by Samaniji. The parana was organised at Potters Bar temple. The JVB community and the Potters Bar temple organisers cheered and exalted the event with songs, devotional speech. Samani Unnata Pragyaji remembered the tradition of tap and its survival in different ways and shared the snippets about the tap. Mr Dugar and Vinita Dugar also joined the ceremony on this occasion. Jayesh Bhai and Hasu Bhai presented special reverence on this occasion to Samaniji.



Bhagavati Sutra Workshop July 2018

Jaina Vishva Bharati, India organized a scriptural study quiz to guide and reinforce the basics of Jain philosophy for the Laity. Samani Jigyasa Pragyaji guided through the Bhagavati Sutra study. The intellectual group of candidates not only enjoyed the sessions, but kindled their belief in the vast treasure house of knowledge in the Jaina scriptures.

World Sanskrit Conference Paper Presentation

The 17th World Sanskrit Conference was held at Vancouver, Canada from 9th July to 13th July, 2018. Samani Pratibha Pragyaji presented a paper in the panel of Yoga Āyurveda on "Kāyakaḷp-prekṣā: Appropriation of Āyurvedic Elements in Prekṣā Meditation". During this journey Samani Pratibha Pragyaji delivered two days' lectures on the occasion of second Anniversary of Jain centre Vancouver, and Samani Punya Pragyaji presented melodious bhakti on this occasion. After a week stay at Vancouver Samaniji visited Toronto for one week. There Samanijis conducted Preksha Meditation camp at Jain centre Toronto. Lectures were organized at different places at Toronto.

Open day organized by JVB London

JVB London hosted an Open Day to invite all residents of Roxborough Road to find out more about Jain World Peace Centre (JWPC). It was amazing to notice that many of the neighbors had not heard of the Jain religion and were intrigued to learn about the core tenets of the Jain philosophy. They were further reassured to observe first hand that JWPC is not a place of worship, but more of a centre for Meditation and Study.



Me & Mom Program June 2018

A new program for Children under 5 years of age was launched to facilitate early connection with Jainism. Kids enjoyed coloring, learning, games, prayers and story time. They were very receptive towards the Jaina values since a young age.



JVB celebrated Jaina Way of celebrating Diwali

JVB celebrated Diwali with Jaina way. Samaniji blessed the celebration with special mantra session. The team of Vinu Bhai, Nita Sheth, Bipin Sheth and Rashmi Bengani and others made it elegant and colorful. Diwali has a very special significance in Jainism. It marks the anniversary of Nirvana (final release) or liberation of Mahavira's soul, the twenty fourth and last Jain Tirthankara of present cosmic age.



Jain World Peace Centre (JWPC) hosts a plethora of activities such as Preksha meditation, Spiritual Discourses, Gyanshala (Children classes) and personal consultation amongst many others without any charges. The aura of Jainism has started to resonate amongst the community members and special emphasis is towards the youth who can imbibe the essence of Jain philosophy under the guidance of respected Samani ji's.





JVB celebrates Gratitude 2018

Samaniji recharged us with the Science of Gratitude. The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more. The right way to say good bye to 2018 was express gratitude to our rich tradition of Guru Parampara starting from Bhagavan Mahavir and to current Acarya Shree Mahashraman ji, the Samaniji who tirelessly attempt to facilitate occasions of spirituality, JVB team to organise with devotion, and each member of family and friends. Rupali Dugar convened the event. Flowre Bala present Anuvrat Song composed by Acarya Tulsi. It recharged her memories of the visit to JVB ladnun.



Bhaktamar Stotra Workshop

A special Bhaktamar Stotra of Acharya Manatunga with Riddhi mantras was organised by 8 Samniji's on 21.9.2018 Saturday. This was organised in two batches. People had an ecstatic experience.

This event was very well attended by the entire community in London. The dress code for this event was yellow as the yellow colour signifies the BS. At the end of the program attendees were gifted box of Saffron and some prasad. The gifts were given by Vishal&Neha Jain's Family, Hardika &Prachi Mehta's Family, Bhairvi Jayesh Shah and Pragna Ashok Damani Family.



Samanijis lead Paryushan at four centers in UK

Samanijis celebrated Paryushan at four places in Europe . Samani Jyoti Pragya ji, Samani Unnat Pragya ji guided at Jaina Vishva bharti; Samani Pratibha Pragya ji and Samani Punya Pragya ji lead at Navanat Vanik Association; Samani Chaitanya Pragya ji and Samani Hima Pragya ji at Birmingham Jaina Ashram and Samani Ratna Pragya ji and Samani Jigyasa Pragya ji at jaina Association. The four locations vibrated with tap, jap and svadhyaya. It was a special grace of Gurudev Mahashraman ji to send eight Samani ji to UK on this occasion. The audiences were recharged with spiritual vigor.

JVB retreat May 19th and 20th 2018

Samani Pratibha Pragya ji, Samani Satya Pragya ji, Samani Rohini Pragya ji, Samani Unnata Pragya ji blessed the JVB Family Retreat organised at Niland Conference Center. Parallel sessions for kids and adults were organised. The two days were rejuvenating and recharging for attendees. The end of retreat was Anshoo Delaria's varshitap abhinandan. She with her profession as a doctor and family responsibilities undertook a dedicated fast of alternate days for a 13 months called varshi tap.





Chaturmas List of Gurudev Acharya Mahashraman

2019	Bangalore	Acharya Mahashraman
2020	Hyderabad	Acharya Mahashraman

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[Ahimsa Paramo Dharma]

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